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Peanut Butter Banana Overnight Oats

Prep time: 5 minutes

Servings: 1

When you want a satisfying grab-and-go breakfast, try this easy no-cook overnight oats recipe. With so many ways to make them, we went with a classic combo: peanut butter and banana. Our yogurt and the peanut butter pack the oats with protein while the banana and honey sweeten it perfectly. Use this as a base to experiment with any delicious combination you like.

Green Valley Creamery

Ingredients

Oats:

½ cup Green Valley Creamery Plain Lactose-Free Yogurt (Low Fat or Whole Milk)

½ cup lactose-free milk of your choice (we used almond milk)

½ banana, sliced

½ Tbsp. chia seeds

2 Tbsp. natural salted peanut butter

¾ Tbsp. honey (or substitute maple syrup, organic brown sugar, or stevia to taste)

½ cup gluten free rolled oats

Toppings:

Sliced banana or your favorite fruit

Additional chia seeds

Granola

Instructions

In a small bowl or jar, add all ingredients and stir with a spoon to combine. Press down on the mixture with a spoon to ensure that all oats have been immersed in the milk and yogurt.

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Cover securely and leave in the fridge overnight for at least 4 hours. Overnight oats will keep in the fridge for up to 2 days.